



For immediate release

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MDWISE SPONSORS INSHAPE INDIANA SWIM DAY

INDIANAPOLIS---In support of Governor Mitch Daniels' statewide health initiative, MDwise will present INShape Indiana Swim Day on Saturday, July 29, 2006. Thanks to this partnership, 11 aquatic facilities around the state will offer free INShape Indiana towels to visitors on a first come, first served basis while supplies last.

Individuals who are not yet INShape Indiana participants can register for free at www.INShape.IN.gov. Locations of participating aquatic facilities are also available on the site.

"Swimming is an excellent cardiovascular activity that raises the heart rate and is part of a healthy lifestyle," said State Health Commissioner Judy Monroe, MD. "It's a great way to stay cool and enjoy the hot summer months with friends and family, while staying active and being healthy."

"INShape Indiana Swim Day presented by MDwise is a win-win for all participants," said Charlotte A. MacBeth, president of MDwise. "MDwise is dedicated to improving the well being of Hoosier Healthwise families, and we are excited that our sponsorship of Swim Day will afford families a welcome opportunity for fun and exercise."

Gov. Daniels launched INShape Indiana in July 2005, challenging Hoosiers to make healthy choices. The program provides statewide information on physical fitness activities, nutrition, and smoking cessation through its Web site at: www.INShape.IN.gov. INShape Indiana is personalized and allows participants to track progress on the Web site, which is updated biweekly.

MDwise is an Indiana-based, provider-sponsored, not-for-profit managed care organization that was created by local hospitals. It began its operation in 1994 as a mission-driven health care organization dedicated to caring for low-income families. Today, MDwise provides Hoosier Healthwise services to approximately 122,000 members in partnership with 440 primary medical providers and approximately 2,800 specialists.

The MDwise corporate members are the Health and Hospital Corporation of Marion County (Wishard Memorial Hospital) and Clarian Health Partners (Methodist Hospital, Indiana University Hospital and Riley Hospital for Children). Current delivery systems are based around the hospital networks for Methodist (Clarian), ProHealth, St. Catherine, St. Francis, St. Margaret Mercy, St. Vincent, and Wishard. For more information about MDwise visit www.MDwise.org.

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